higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE (VOCATIONAL)

FOOD PREPARATION
NQF LEVEL 4

12 November 2024

This marking guideline consists of 9 pages.

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QUESTION 1

1.1
1.1.1 A
1.1.2 C
1.1.3 C
1.1.4 D
1.1.5 C
1.1.6 C
1.1.7 A
1.1.8 B
1.1.9 A
1.1.10 C

(10 × 1) (10)

1.2
- Always keep all areas clean and tidy.
- Make cleaning a routine throughout the working day.
- Clean all equipment and utensils before and after use.
- After use, store ingredients and unwanted materials in the correct storage area.
- Wipe all spills immediately.
- Clean all areas before and after use.
- Waste products should be discarded as soon as possible.
- Sanitise all equipment, work surfaces and utensils.
- Air dry all equipment and utensils.
- Keep work areas uncluttered. (Any 8 × 1) (8)

1.3 1.3.1
- Egg yolks
- Margarine/butter
- Lemon juice
- Salt
- Pepper/Cayenne pepper
- Water/Cold water (Any 5 × 1) (5)

1.3.2
- Have a pan of cold water nearby into which you can plunge the base of the saucepan if the sauce appears to be getting too hot.
- Use a heavy bottomed saucepan or a double boiler.
- Add egg yolks, lemon juice, cold water, salt, and pepper in a small bowl.
- Melt butter in a saucepan over low heat.
- Gradually whisk the yolk mixture into the butter.
- Continue whisking over low heat for 8 minutes, or until sauce is thickened.✓
- Serve immediately.

(NOTE: The candidate can start at any step, but the steps in making the Hollandaise sauce must be in the correct order.)

(Any 5 × 1) (5)

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1.4 1.4.1 A too-large portion means a loss in profit✓ for the establishment.
1.4.2 Customers will complain✓ resulting in negative publicity for the establishment.

(2 × 1) (2)

1.5

GRILLED STEAK	ROAST LEG OF PORK	ROAST LEG OF LAMB
1.5.1 • Fried onion rings • Mushrooms • Matchstick potatoes • Maître d'hotel butter (4)	1.5.2 • Apple sauce • Think gravy • Sage and onion stuffing • Stewed dried fruit (4)	1.5.3 • Mint jelly • Rosemary (2)

(10)
[40]

QUESTION 2

2.1 2.1.1 Dredging
2.1.2 Pureeing
2.1.3 Glazing
2.1.4 Filling
2.1.5 Seasoning

(5 × 1) (5)

2.2 2.2.1
- The packaging must not be torn or damaged.
- No signs of pest infestation should be present.
- Goods must be within the 'use by date' or 'best before' date.
- Ensure that the products have labels on✓ and have not been damaged.✓
- The information on the labels must match the content.
- Rusks should not be crushed/broken.
- Packets must still be sealed.
- Ensure that the quantity of goods matches the quantity ordered.

(Any 7 × 1) (7)

2.2.2 Dry store (1)

2.2.3
- Use a trolley or goods lift where possible.
- If the object is unfamiliar, test its weight first.
- Divide the load into smaller, less bulky loads and make more trips.
- Ask a colleague to assist.
- If you are lifting the sugar bag from a shelf or table, first move everything else out of the way, so that you can get right up to the sugar bag.
- Check that your route is clear of obstacles before moving the load.
- When lifting the sugar bag with another person, agree on who will give the instructions and who will take the lead. (Any 6 × 1) (6)

2.2.4
- Report damaged stock to the supervisor.
- Transfer the contents into sealed containers.
- Wipe away the spillages.
- Never pour spillages into new storage containers. (Any 3 × 1) (3)

2.2.5
- To ensure that goods are used before the 'use by date' or 'best before' date.
- That no goods expire therefore resulting that the food needs to be thrown away resulting in wastefulness.✓ This will result in wasteful expenditure for Cuppa Tea Café.✓
- The quality of the goods may deteriorate over time the longer they remain on the shelves. (Any 3 × 1) (3)

2.2.6
- Always place food in the correct storage area to avoid wasting time.
- Clearly labelled stock in storage areas saves time.
- Plan storage areas so that frequently used stock is easily accessed.
- Place all heavier items on lower shelves.
- Organise the storage area to establish an efficient workflow.
- Clean as you go.
- He should follow a regular cleaning schedule so that dirt does not build up.
- The storage area should be inspected daily for insects and rodents.
- Throw out empty boxes and packaging that is no longer needed.

(Any 7 × 1) (7)

2.3 2.3.1 4 °C to 5 °C/1 °C to 3 °C
2.3.2 -18 °C

(2 × 1) (2)

2.4

	MOUSSE	SOUFFLE
Volume of the dish	2.4.1 It does not rise above the dish in which it is made. (1)	2.4.2 It rises above the dish in which it is made. (1)
Base of the dish	2.4.3 Flavoured egg mixture/vegetable or fruit purée (1)	2.4.4 White sauce (1)

(4)

2.4.5
- Both can be sweet or savoury.
- Whisked egg whites are used in both. (2)

[40]

QUESTION 3

3.1
3.1.1 Lower
3.1.2 Hot
3.1.3 Consommé
3.1.4 Cheaper
3.1.5 Caramel
3.1.6 Stiff
3.1.7 Tarts
3.1.8 Pale ivory
3.1.9 Dissatisfaction
3.1.10 Water

(10 × 1) (10)

3.2 3.2.1 To prevent cross contamination.
To prevent food from absorbing the smell of other food. (2)

3.2.2
- Bacteria will thrive/multiply.
- It can cause food poisoning if consumed. (2)

3.2.3 To prevent blood from leaking on to the cooked items. (1)

3.2.4 It is highly perishable/it will deteriorate after 24 hours. (1)

3.2.5 To prevent stuffing from falling out. (1)

3.3
- Use breadcrumbs
- Use flour (2)

3.4 3.4.1 Grilling (1)

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3.4.2 It is the cooking of food by direct heat✓. It is fast,✓ dry heat✓ cooking method that uses high temperatures.✓

OR

It is a fast✓ dry✓ method of cooking tender✓ cuts with radiant heat directed from below or above✓ the meat . (4)

3.4.3
- Preheat the grill.
- Season the meat after browning.
- Turn the meat occasionally.
- Scrape away any burned particles.
- Cook the meat uncovered.
- Never leave the grill unattended.
- Cook the meat to the required degree of doneness.
- No water is added while cooking.
- Place meat on an ungreased grill.
- Use meat tongs to turn meat to prevent damaging the meat✓ and to avoid burning your hands✓.
- Use a hot plate to serve hot meat.
- Take the meat out of the fridge and let it sit for 20-30 minutes to reach room temperature before grilling.
- Leave the fat on the meat when grilling as it adds flavour.
- Use tongs and not a fork when turning meat. Piercing holes in the meat allows the juices to run out.
- Rest the meat before serving. (Any 6 × 1) (6)

3.5
- Heat a little oil in the pan.
- Add chicken strips and fry rapidly while stirring constantly until golden brown. (2)

3.6
- Tomato
- Asparagus
- Pumpkin
- Brinjal/eggplant
- Carrot
- Onion
- Mushroom
- Gherkin
- Baby marrow
- Cauliflower
- Broccoli
- Sweet potato
- Parsnip
- Artichoke heart
- Green beans
- Brussel sprouts
- Pepper/capsicum (Any 8 suitable answers × 1) (8)

[40]

QUESTION 4

4.1
4.1.1 True
4.1.2 False
4.1.3 False
4.1.4 True
4.1.5 True
4.1.6 False
4.1.7 True
4.1.8 False
4.1.9 True
4.1.10 True

(10 × 1) (10)

4.2
- Stews
- Casseroles
- Pies
- Soups
- Sandwich/pita/wrap/tortilla fillings
- Minced meat (Any 5 × 1) (5)

4.3
1. Preheat oven to 200 °C.
2. Butter six souffle or timbale dishes.
3. Combine the pumpkin with the eggs, cream, butter, nutmeg and pepper. Blend well.
4. Pour mixture into greased moulds. Place moulds in a baking dish.
5. Pour in enough boiling water to reach halfway up the sides of the moulds.
6. Cover each mould with buttered grease-proof paper.
7. Cook in a hot oven at 200 °C for 25 to 30 minutes or until set.
8. Allow to rest for 5 minutes before unmoulding.
9. Garnish each with basil or coriander. (9)

4.4 4.4.1
- It must be firm.
- The appearance should be smooth.
- It should be plump.
- It should be free from bruises/no dark spots/mould.
- It should not feel sticky or slimy.
- It should have a pleasant, earthy smell.
- The surface should be dry but not dried out. (Any 3 × 1)

4.4.2
- It should be firm/It should not be limp or wilted.
- The tips should be tightly closed.
- Tips must be free from spreading or softness.
- Green asparagus should have a dark/rich green colour✓ fading to white at the bottom of the stalk.✓
- White asparagus should be chilled. (Any 3 × 1)

(2 × 3) (6)

4.5
- It keeps the vegetables moist/it prevents it from drying out.
- It improves the appearance.
- It prevents the vegetables from absorbing too much oil.
- It prevents the vegetables from burning/or from sticking.
- It gives a crispier texture.
- It gives an excellent taste. (Any 5 × 1) (5)

4.6
- It will burn on the outside while the inside is raw.
- It will curdle.
- It will be rubbery.
- Cracks will appear on top.
- High shrinkage. (Any 3 × 1) (3)

4.7
- It will be thrown away causing wastage of money.
- It will cost the establishment to replace the ingredients. (2)

[40]

QUESTION 5

5.1
5.1.1 C
5.1.2 L
5.1.3 I
5.1.4 G
5.1.5 B
5.1.6 A
5.1.7 J
5.1.8 M
5.1.9 D
5.1.10 H

(10 × 1) (10)

5.2
- It should be free from freezer burn.
- It should be free from excess ice.
- It should be individually wrapped. (3)

5.3
- Liver
- Sweetbreads
- Kidneys
- Brains (4)

5.4
- Combine egg yolk with lemon juice.
- Thoroughly whip egg whites and add sugar. (2)

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5.5
- Follow the manufacturer's instructions to clean equipment.
- Pay special attention to equipment that contains areas where food can be trapped.
- Avoid using cracked equipment/utensils as they hide bacteria.
- Draw up a work schedule to be used when cleaning large equipment.
- Use a colour-coded chopping board.
- Sterilise equipment after cleaning.
- Rinse all equipment after sanitising to remove chemical residues.
- Clean as you go when using equipment to maintain a tidy and organised workspace. (Any 7 × 1) (7)

5.6 5.6.1 Cold dessert (1)

5.6.2
- Flour
- Castor sugar
- Fat/butter
- Eggs/water (4)

5.6.3
- Cooling
- Piping
- Filling
- Mixing/combining
- Whisking
- Moulding (Any 4 × 1) (4)

5.7
- Return the ingredients to the storeroom.
- Report to the senior in charge.
- Follow the organisational procedure to substitute ingredients.
- If the storekeeper can't replace the ingredient she/he can purchase the ingredient from a nearby store.
- If you have started to prepare the product, discard the ingredients✓ and request fresh ingredients to prepare another product.✓ (Any 5 × 1) (5)

[40]

TOTAL: 200

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